

# SPOKE

Conestoga College, Monday, Feb. 20, 1989



Photo by Leona Fleischmann/Spoke

## Healthy and Happy

John Innanen, CPA faculty member, goes through the routine of fitness class, instructed by Elizabeth Mask, at the recreation centre.

## Day care centre opens March 1

By Lisu Hill

The early childhood education students at the Doon campus of Conestoga College will be taking the burden of day care out of the hands of some local parents, thanks to a new day care centre.

Construction which began on Aug. 8, 1988, on the Tall Pines child-care centre on Green Valley Drive off Pioneer Drive in Kitchener is drawing to a close. The first group of children will arrive March 1.

The centre is part of a condominium project being built by Freure Homes of Kitchener. The centre will be run by five staff members and 24 students each semester, said Donna McKenna, co-ordinator of the ECE program. The breakdown will be: 12 students from Monday to Tuesday and then another 12 students from

Wednesday to Thursday, with the February intake of ECE students taking up the slack, said McKenna.

She said the centre could accommodate approximately 80 children, to be comprised of 10 infants, 15 toddlers, 40 pre-schoolers and the rest nursery-aged children and children needing after-school care.

McKenna said that by March 1, one floor of the two-floor centre will be finished, which will give them enough room to start accepting children.

The centre is about 8,000 square feet according to McKenna, and is "a non-profit, break-even operation." The project is unique in Ontario according to the project's team leader, Shelley Schenk. Schenk said the project is the first to be built with the co-operation of a developer. The centre itself was

see DAY CARE page 3

## Office under review

# Officials say review not connected with registrar's January departure

By Simone Portelance

Conestoga College officials say that the operational review, presently being done on the registrar's office, has nothing to do with the unexplained January departure of registrar John Bonesteel.

Bonesteel, college registrar for the past four years, quietly left his position in January and neither he nor college officials will comment on the reason for his departure.

Although Bonesteel has repeatedly said he prefers not to comment on the circumstances surrounding his departure, he did say the operational review had nothing to do with his leaving. David Gross, official spokesperson on the Bonesteel issue, also asserted there was no connection between Bonesteel's departure and the review.

"It (the review of the registrar's office) just happened to be the one we started with," said Gross.

He said the review was started in early December. Bonesteel left in January.

Gerald Bissett, associate director of college academic programs and director of the operational review, said that when he was looking for departments that wanted to be reviewed, the registrar's office



David Gross

was one department willing to go first.

He added the reviews deal strictly with the operations of offices and are not personal reviews of individuals.

In a 20-page document, explaining what an operational review is, Bissett defines the review as a "comprehensive evaluation" of the effectiveness and appropriate-

ness of college policies and procedures.

A review team has been set up for the registrar's office and Bissett hopes that it will have completed its review by the end of February. The team consists of Doug Prokopec, associate director of college academic programs and chairman of the team; Ann Carere, secretary to the dean of applied arts and technology; Debra Croft, manager of human resources; and Paul Knight, Guelph faculty member. Different review teams will be set up for the different sections under review.

After the review team is through, a report will be given to the steering committee which will analyse it and make recommendations based on the report.

If additional information is needed, the steering committee has the right to reject the report.

If the committee does approve, the report will be sent to the board of governors, and eventually will become part of an annual report the board sends to the Ministry of Colleges and Universities.

Bissett said the next review, on the physical resources department, would begin in the next couple of weeks and is expected to be completed before the end of this academic year.

## Saving money: a matter of balancing present needs against future needs

By Linda Bowyer

Saving money, paying off credit cards, paying back loans, and avoiding bankruptcy are very real concerns for some students. Valarie D. Morrell, financial advisor at Midland Doherty Limited in Guelph, offers some practical tips for students troubled by these problems.

It boils down to choices she explained, like choosing between buying a new stereo or putting \$1,000 in the bank.

If you buy the stereo "you have made your choices for goods instead of savings," she said.

People earning a "straight salary" with no income to spare have limited savings choices available to them, she said. A retirement savings plan is often the best they can do.

Morrell has charts indicating how quickly savings can grow, and which show the advantage of starting to save money early in life.

Assuming a 10 per cent compound return on investments, the chart indicates if a person were to invest \$2,000 each year from age 19 to 26, he/she could retire at 65 with more than \$1 million.

In comparison, if a person was

to start contributing \$2,000 annually at age 27 and continue through to age 65, only \$800,000 would have been accumulated.

"But very few students have money to invest," she said.

She recommends paying off loans first, even if it means consolidating them. And start with the ones with the highest interest rate.

Bank loans are always cheaper, she added, but "most people don't like going to a bank because you feel you have to grovel."

Saving money or paying off a loan is much the same as paying off a mortgage.

"Put aside slightly more that you can afford to. Make it hurt," she said. It will save money.

Again she used an example to prove her point. Paying back a \$10,000 personal loan at 11.5 per cent in ten years instead of 15, could save \$5,750. And the monthly payments for ten years would only be about \$24 more than the payments for the 15-year loan.

Morrell said people are spending more now than they did 30 years ago.

"We're programmed to spend,"

she said. "The major recreational pastime is shopping."

But products aren't made to last anymore, she said. "North America has planned obsolescence."

This affects the way we save and spend, said Morrell.

She also added a message for women.

"I think the days are gone when women think they can get married and live happily ever after. Gals, take a course you can market -- don't just take 'bird' courses."

Finally, Morrell said saving money is a matter of balancing present needs against money you would have in the future, and always remembering "we have to live while we're living."

And about bankruptcy? "The best hedge against bankruptcy is a job. But don't think because you've got a job the learning stops. The job could collapse. Keep your eyes open and constantly upgrade."

A job is probably as good as money in the bank, she said, but "money in the bank will quickly disappear if you're on unemployment."



# OPINION

## Spoke

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## Strangers

By Mike Robinson

With all the scary stuff happening in the world, I often wondered what I would do if a stranger came knocking at my door.

After all, the media depict all strangers as deranged psychopaths who are out to rob, cheat, maim, or kill anyone they can get their slimy little hands on.

Last month however, I saw the other side of the story.

During an ice storm my car was stuck on a gravel sideroad between Conestogo and Elora. Each time the car moved, it came closer to sliding down an eight-foot embankment.

The time 11 p.m., I walked up the icy hill and down a long narrow laneway to ask for help.

Most of the family had been asleep, but the father and son got dressed to go out into the horrible weather and free my car. His four-wheel drive almost went into the ditch trying to get my car free.

Eventually we gave up and the father offered to let me spend the night at their place. A guest-room was prepared, and although I didn't get much sleep, I was grateful for the roof over my head.

In the morning, his wife treated me as if I was an invited guest and offered to make breakfast.

Later I trudged back down the icy hill, to free my car. No success. Two cars passed by, creeping down the icy slope to view my predicament and then continuing along their way.

Then a Mennonite family stopped to help me and eventually moved the car to where it was no longer in danger.

My point is that if people were willing to help me, a total stranger, then what reason do I have to refuse to help another total stranger?

Trust has to start somewhere, and without trust what is there?



## You Tell Us:

Do you think the Doon Student Association has done an effective job of entertaining students?



"Yes, the things they have put out are good. It is up to students to get involved. They give us the option."

**Chris Moulton**  
 Accounting  
 2nd year



"Yes, I had a terrific time at the last pub."

**Kerry Davidson**  
 Marketing  
 3rd year



"Sure, the bands they've had in at noon and the events in general have been very good."

**Paul Toushan**  
 Accounting  
 2nd year



"They have done a good job. I've participated in a few things but I live in Guelph and it's hard to participate."

**Mark DalBello**  
 Accounting  
 1st year



"No, I think they do an ineffective job letting us know what is going on. They don't advertise enough other than what's in the cafeteria."

**Melissa York**  
 Design Graphics  
 2nd year



"I think some of the entertainment at noon hours is very good. But there is no advertising in the Detweiler Centre."

**Walter Boettger**  
 Faculty - Electrical skills

## More than smokers affected by college policy



By Lizanne Madigan

Sitting at the editor's desk, with ashes from the cigarettes of former editors drifting across my keyboard, I have decided it is time to try and strike a balance on the coverage of the college's mandatory smoke-free environment.

There are always a least two sides to an issue. The obvious one here -- that smokers'

rights have been "removed" -- has been voiced loudly and clearly. Intentionally or not, Spoke has helped irate smokers in their rebellion. It has been a voice for their cause.

However, there are other sides to the smoking policy. Nonsmokers' rights have been "returned." They now have the right to work, learn, and socialize in a smoke-free environment.

Just as nonsmokers said little in the past when their hair and clothes reeked from second hand smoke, non-smokers now are saying little about the smoking policy.

Content people usually don't make much noise.

But their silence doesn't mean they're not out there, nor does it mean that they are not

just as strongly "for" the policy as the smokers are "against" it.

The nonsmokers of the college did not celebrate with champagne or rush out to buy new wardrobes when the policy was announced. Accordingly they did not make the headlines of Spoke.

But their rights and their opinions are nonetheless important.

Pat Legault, chair of nursing at Doon, did respond to a Feb. 6 article in Spoke on kicking the habit.

In her memo she said too often people get lost in the verbiage regarding "rights."

She requested that we further look into the issue of people who are adapting to a smoke-free environment, stating such information

might help some of our readers.

Many of those adapting to a smoke-free environment represent yet a third party in the smoking issue -- the smokers who are trying to either cut back or quit.

Our profile of a smoker on page five is intended to highlight the difficulties encountered when a smoker tries to "switch camps."

It is neither pro-smoking, nor is it anti-smoking. It addresses no laborious issues. It simply provides an inside picture of a man who is trying to quit smoking.

To understand each other and be able to communicate coherently we must look beyond the surface of such complex issues. We must put down the placards.



# 'Stickey' program allows use by handicapped

By Lynne Gourley

Learning about computers is challenging enough without the extra frustration of not being able to use both of your hands.

But thanks to a new program called Stickey, Jim Hunsberger, a part-time student at the Waterloo campus, is able to use his personal computer without too much difficulty.

Hunsberger was born with cerebral palsy, a birth defect which can affect both the brain and the motor functions. In Hunsberger's case, the defect affected him physically. "In my case, the damage is completely physical. Sometimes, the biggest problem is other people. They often think that you're mentally deficient," said Hunsberger. He added that he's taking two computer courses at the Waterloo campus to keep up with the world around him.

Because Hunsberger has the use of only one hand, he found it difficult to operate two keys at the same time. He cited the example of using the control key. To delete a line or change the spacing on the computers, he is required to press the control key and another key at the same time.

During the first weeks of his computer literacy class for management and his DOS (disc operating system) class,

Hunsberger had to hold a pencil eraser on the control key while using his good hand to press another key to make the computer obey his commands.

With the new Stickey program, Hunsberger loads the program into Wordstar and the program works like his second hand.

Instead of having to press both buttons, Hunsberger presses the control key once and then his hand is free to press the other key. The program holds the control key down so the command can be completed.

Rudy Hoffer, Hunsberger's teacher, said the Stickey program has allowed his student to become fully integrated in the class.

Hunsberger decided to attend Conestoga on a part-time basis to "keep up with the changing world." He added that he has been using a computer at work since September 1988 and decided to enter Conestoga to enhance his skills.

At his own personal computer, the keys have been specially placed on one side of the board so it is easy to manoeuvre the keys with his one good hand. Hunsberger works as the program co-ordinator for the handicapped ministry of the Mennonite Central Community.

He added that it is important to keep up with new technology in

the workplace because "disabled or not, you will quickly be left behind."

"What Stickey does is allow a person to take a standard keyboard and not modify it. A person with one usable hand can perform various controls."

Stickey was developed by Dr. Neil Bennett, with modifications by Mike Hrykewicz in 1987 for the IBM-PC and other compatible computers.

According to the introduction at the beginning of the Stickey program, "Stickey stays in memory until you reset your computer or turn off the power and does not impair normal keyboard operation."

Hunsberger said, "Gadgets like this makes me more portable in the community. It allows me to have access and I don't have to rely on anything. It means I'm not tied down to a keyboard."

"I encourage anyone who has a disability to try -- just get out there and explore the resources in the community. If you sit at home or in the office, it (learning) can be quite tricky. You'll learn quickly that there are lots of little tricks and gadgets to make your life easier. The key is to properly utilize the community's people and resources. If you do this, the sky is the limit."

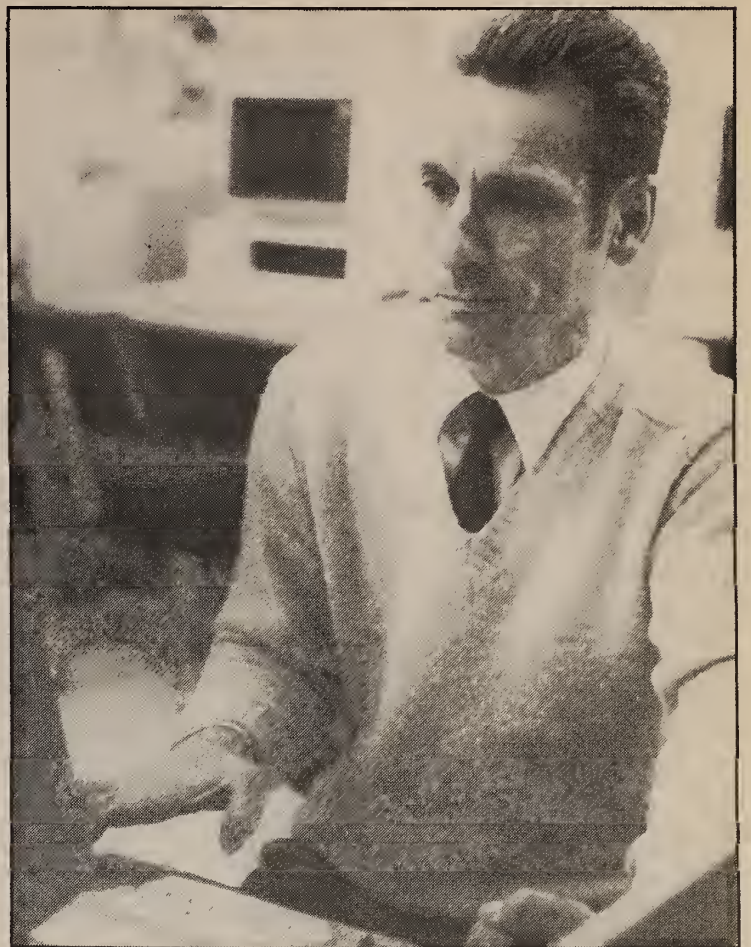


Photo by Lynne Gourley/Spike

Jim Hunsberger, a student at the Waterloo campus says students with a disability should just try.

## Student designs unity logo

By Lisu Hill

Two graphics students received awards at Doon campus on Feb. 9. Peter Blake, a first-year graphics student, received a \$250 Waterloo Regional Council Award for designing a corporate logo and pin for the Waterloo Regional Labor Council.

The logo, which will be used on the council's stationary, consists of blue figures holding hands against a white striped background. Vince Sowa, co-ordinator of the graphics program, said the logo was designed to represent unity within the Kitchener-Waterloo area labor council which is now joined by the Cambridge labor council.

The pin has the same design as the logo, and includes the caption, "uniting workers across the region."

Each member of Blake's class had to design a logo for the council.

Elsie Reimer, first-year graphics, won an award from Letraset Canada for creating the best project in the class using Letraset products.

Letraset is a form of typeset lettering which can be transferred from a clear plastic sheet to another surface, such as paper.

Sowa said a Letraset seminar was held for the graphics students. He said that normally the students design a project using only one Letraset kit, however Sowa said that this year the students were given two kits which allowed them to use different types of film and typography.

In the allotted three-hour time span, Reimer created the best project.

Reimer's prize consisted of a portfolio worth approximately \$125.

## DAY CARE continued from page one

built by Freure, but additional funding to start the project was provided by the Ministry of Community and Social Services, Schenk said.

The Tall Pines centre will operate on the same fee schedule as the Doon campus which ranges from \$145 a month to \$440 a month depending on the age of the child. The centre will also free up more room in the cramped ECE centre at the college. It will operate as an off-campus school. McKenna said there will be a classroom for students at the centre along with the toy-lending library and workshop space.

The two-year ECE program is designed so that all students work in a day care facility two days a

week for four months as well as a straight two-week period during each year of study.

McKenna said that there are presently discussions going on with the Waterloo county public school board to determine whether similar centres can be set up with two new schools which are about to be built. McKenna said that nothing has been determined yet with the school board.

The ECE teachers helped with the design of the centre which is under a five-year contract with the college, with a new contract to be negotiated in 1993.

When asked if she foresaw any problems filling the space at the Tall Pines Centre, McKenna replied, "absolutely not."

## Quebec carnival breaks monotony

By Leona Fleischmann

What do below-freezing temperatures, caribou and a live snowman have in common? The Quebec Winter Carnival, of course.

Conestoga College sent about 50 people to wander in the nippy airs of Quebec for a weekend to take in some of the carnival and Quebec culture.

Adanac Tours was the tour representative and prices were set according to the number of people in each room. The average price per person was \$180 for the weekend.

The carnival originated to break the monotony of winter and aid Quebec's tourism industry during a once-unprofitable winter season.

It met success and has continued as an annual event for about 60 years, becoming the northern equivalent of the Mardi Gras in New Orleans.

For most of the students, the temperatures were more bearable than the 11 to 12-hour bus ride from the college to old Quebec City. That's probably why the Hotel Clarendon seemed like salvation to some, a place to unwind their cramped bodies.

After a pick-me-up shower, some of the college tourists took it upon themselves to discover the city, after they first bundled up with a pair of long underwear, hat, mitts and two or three sweaters. A good pair of warm, hiking boots were also essential for all the walking through the narrow streets lined by old, stone buildings.

On almost any street a wanderer could find a handful of tourist shops and restaurants.

The most familiar souvenir sold was the Bonhomme walking stick. Not many tourists could pass up the opportunity to walk the streets at leisure and drink the traditional carnival libation, caribou, out of the sticks.

The idea of the stick dates back

to the early days of the carnival when people walked through the streets during the celebration drinking through hollow canes.

Caribou is a warming combination of red wine and liquor. And every adult carnival-goer has to try it at least once.

The biggest spectacle of the carnival was Bonhomme and his snow castle built on the wall which separates old and new Quebec.

The castle is the focal point of the carnival, and it is surrounded by snow sculptures carved as part of an international competition.

Farther down the streets of Quebec, the landscape was decorated by various other snow and ice sculptures, some even colored, made by shopkeepers or festive citizens.

People checked out the quaint cafes and bistros for French cuisine and others hit the bars.

Chez Degabert was one bar worth mentioning. Aside from its three floors, excessive volume capacity, expensive drinks and mandatory service fee, the atmosphere made everyone feel right at home. One major difference was that the fun continued until about 3 a.m.

Each student found their own way to remember Quebec since no formal tours were arranged.

If you were lucky you discovered Chateau Frontenac, Petit Champlain, the oldest street in North America reconstructed for the city, artist street and the beach party at the bottom of the Hilton hotel.

If you saw or did these things and took in some of the carnival, Quebec was well worth the money paid and may even be worth a return visit.

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of the Canadian Federation of University Women

Book Sale: April 7 and 8

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# Dedication sends teacher to New Guinea

By Leona Fleischmann

Sue Johnstone, teaching master in health sciences, can't seem to get enough when it comes to teaching. Her enthusiasm and dedication for nursing has sent her to Papua, New Guinea for a month as a CUSO volunteer nursing instructor.

CUSO (Canadian University Service Overseas) is no longer just for university students. It is open to any individual wanting to help out in needy countries.

Johnstone was scheduled to leave on Feb. 19 and expected to live in

the nurses' residence of Rabaul School of Nursing. It is associated with a 300 bed hospital.

Johnstone is taking part in the program as part of her professional development and vacation. She said that most teachers usually do their professional development within the country, but college administration has been very supportive of her choice.

While in New Guinea, Johnstone will be instructing both nursing students and teachers about primary health care. She said it is hoped that eventually the country will be able to sustain their own

health care system without outside assistance.

Johnstone's main interest in going to New Guinea, aside from offering her knowledge, is that she feels "everyone is entitled to quality health care" and "if each person does a little" then the country will be on its way to achieving quality care.

This is her first time travelling to another region of the world to teach and she is expecting to gain more than she gives.

She feels her biggest gains will be in what she learns about family involvement in patient care and in

what she learns about patient care.

Johnstone said the teachers in her department are just as anxious and excited to lend aid as she is. In the past few weeks, teachers have been handing her information they think the people in New Guinea would be interested in.

Similarly nursing students from module 400 took up a collection and bought Johnstone an anatomy book which she intends to give to the New Guinea students.

Even during the homeward journey Johnstone intends to teach.

She is also hoping to visit the school of nursing at the University



Sue Johnstone

of Delhi, India. Here she will be involved in physical assessment and farm ecology, with a focus on maintaining good health.

## Butting out; success increases with number of attempts

By Lizanne Madigan

*The following is a profile of a smoker who is trying to quit. His story is a common one in view of the growing number of smoking restrictions in today's society.*

There's only one thing Bob hates more than the smell of smoke in his mouth and on his clothes and that's the feeling of failure when he lights up a cigarette after having successfully kicked the habit.

Bob, 38, decided to "butt out" for good in 1983 after smoking about 9,600 packs of cigarettes.

The pack-and-a-quarter-a-day puffer says he began smoking when he was 14 "because of peer pressure." He smoked steadily for the next eight years.

Then, in 1973, Bob made his first attempt to quit. He went to what he calls a "shock you into quitting" seminar and quit "cold turkey" for a "miserable" month in which he gained 13 pounds.

"I lectured and preached about how good it was to be a non-smoker," recalls Bob "to the point of almost losing friends -- and then I started (smoking) again."

Today, he refers to that time as a "joke" and says he now knows it was "the worst possible way" he could have tried to quit.

It was 10 years after the "cold turkey" experience before the Cambridge man seriously considered trying to quit again.

A restaurateur, Bob found it difficult to kick the habit when he was constantly surrounded by other smokers.

But the pressure from non-smoking friends, the rising cost of cigarettes and a growing awareness of the health hazards of smok-

ing started him thinking about trying to "butt out" once more.

The awkwardness of smoking amongst the enlarging population of non-smokers was also an incentive. "One very good friend of mine made it known that I was welcome to smoke -- on the balcony. That was in the middle of winter in Sault Ste. Marie, he remembers with a chuckle. He says he never objected to such restrictions although his visits "may have been shorter."

While in a state of indecision, he came across a "powerful" ad for Smoke Enders in March, 1983. What affected him most was the declaration "You will stop smoking on May 25."

The confident ad and concrete deadline prompted him to go to an information session for the program.

He was hooked. Even the \$400 charge (it's now over \$500) which he says they craftily avoided mentioning until the end of the meeting, didn't dissuade him.

Looking back, he says Smoke Enders made him realize there were many other reasons he wanted to quit that were at the back of his mind.

Foremost was the issue of how much smoking "controlled" his life. He says there's a "lot of denial" on the part of smokers about the issue of control.

"If the phone rings," explains Bob "you don't just go answer it. You get your cigarettes, your lighter and your ash tray, in case it'll be a long call." Only then do you answer the phone.

Most people don't even realize they're doing that, says Bob. But

they "don't dare answer the phone without their cigarettes."

He professes the smoking "habit" is far more difficult to deal with than the nicotine "addiction."

Smoke Enders forced him to take a "really good look" at himself and change some of his destructive habits and on May 25, 1983, he did just as the ad promised -- he quit smoking.

"I didn't smoke for over three years," he declares proudly. "I was very comfortable with it (not smoking) and it didn't bother me."

Nonetheless, he does admit reaching for a cigarette "three or four times" and "taking a puff." He claims he only did it "for the reaction" it inevitably caused.

"I knew the danger, but the danger isn't in one puff."

However, he says anyone who thinks he can have "just one" cigarette after quitting is "crazy."

"Believe me, because that's how I got started again."

Three years after successfully quitting with Smoke Enders, he "took a puff to get a reaction." Only "that time the puff went down pretty good," he admits sheepishly.

He says he doesn't know how or when he really resumed his old habit, but "One day I was driving and all of a sudden I realized I had a cigarette in my hand. I was totally devastated."

Ashamed to admit his regression, he became a "closet smoker" and didn't smoke in public for six months.

He remembers brushing his teeth and washing his hands and face dozens of times a day because he didn't want "that smoke odor" on him.

Embarrassed, and feeling "like a major failure," he still could not stop.

"Can you imagine standing in a furnace room, maybe two feet by two feet and puffing away on a cigarette? It was awful."

Almost a year passed before he heard another Smoke Enders ad on the radio and decided to give it another shot. This time he only had to pay half price because Smoke Enders offers a discount to repeaters.

He wanted to reclaim that "you can do anything" feeling his first instructor had instilled in him.

He was gravely disappointed. "The difference in instructors from the first time to the second was absolutely ridiculous," he says. The second one "treated us like kids."

He did quit smoking in December, 1987, but he "didn't feel good about it."

Taking the odd puff or cigarette, and knowing it was "only a matter of time" before he "really quit or really started again" he decided to try a different route.

In March, 1988, he sought help from a Kitchener acupuncturist. His resistance to beginning smoking again was weak, he explains, and he thought a "little boost" from something else was all he needed to get him "on the straight and narrow" again.

In retrospect, he thinks his four visits with the acupuncturist didn't work because his expectations of making all of his "bad feelings of wanting a cigarette" go away were too high.

Then, while his resistance was weak, his mother died -- ironically from cancer.

Bob shies away from talking about the way his mother died. It is obvious that her battle with cancer has affected him deeply. Although he prefers to not dwell on the subject of cancer, it is easy to see by his discomfort that he is aware of the risk he takes when he continues to smoke.

Admit the pressure and grief of coming to terms with his mother's death, Bob found himself smoking once again. Within a month, he was puffing a pack a day.

He knows his way of dealing with pressures and tension is to go back to smoking. It's a fact which he's not too proud of. But he also knows that understanding his behavior is an important step towards being able to control it.

He knows that statistics show the more times you try to quit, the more likely you are to successfully kick the habit.

Having tried several times, he also knows what it feels like to be a success -- and what it feels like to be a failure.

He prefers the feeling of success. Because of that, he intends to keep trying.

At the time of this interview, with the support of his family doctor, he was trying to quit once again.

He was positive about the way things were going and said "The last one I had I almost choked on. I was thankful."

Utilizing all of the advice and training he learned in Smoke Enders, he had been smoke-free for a week.

Like a growing number of Canadians who are trying to kick the habit, Bob knows that each smoke-free day is a success in itself.

## CLASSIFIED

Rates for classified ads are \$2 for 20 words or less and 20 cents per word after that. Ads must be paid for by cash at the time of submission.

Ads are due Friday at noon, ten days before publication date and are subject to editing and approval.

There is no charge for community events.

### TYPING

WORD PROCESSING/ TYPING, professional, reasonable; reports, resumes, etc.; off Homer Watson Blvd., call now, Caren's Word Services, 748-4389.

### HOUSE FOR SALE

2058 Old Mill Rd., Kitchener. \$174,500. Country living in the city. This beautiful three plus bedroom home features: a large sunken family room/living room with an Elmira Stove insert surrounded by a fieldstone wall; two large picture windows overlooking a half-acre fenced lot; skylight in the kitchen and massive two-car garage. A location just minutes from Conestoga College and the 401 makes this unique property a commuters dream. Call for a private showing. Schnarr Realestate Services Ltd., 746-3060, James Weber, sales rep., 742-3394.

### GENERAL

#### Volunteers Needed

Volunteers are being sought for a Canadian Mental Health Association that links volunteers with people who are experiencing or recovering from mental health problems.

Each matched couple can get involved in whatever activities are mutually agreeable for a few hours a week.

Volunteers require no special skills, are provided with 7 1/2 hours of training and must be prepared to stay with the program for a minimum of eight months.

Please call 740-7766 and leave your name and phone number.

Meet and greet students from all Conestoga campuses, Feb. 23 at Stages. Get advance tickets from your student association office.

### CALENDAR EVENTS

Highland Fusiliers of Canada presents the Western Ontario Military Tattoo, March 25, at the Kitchener Memorial Auditorium. Performance starts at 7:30 p.m. Tickets available from the Auditorium Complex Box (745-0303). \$12.25 adults; \$10.25 seniors, children.

Planned Parenthood, Waterloo Region, invites you to attend a presentation by Kate Millar on Street Kids. Kitchener Public Library, March 8 at 7:30 p.m.

The Kitchener Waterloo Philharmonic Choir continues its 67th season with Rossini's Petite Messe Solennelle, Feb. 25 at 8 p.m. at The Centre In The Square. Rossini is known for other operas such as The Barber of Seville and William Tell. Tickets are \$18, \$15 and \$12 and are available at The Centre In The Square box office. Call 578-1570.



# Controlled spending could decrease college's deficit

By Mike Robinson

A nine-month status report on college spending, presented to the board of governors by Kevin Mullan, secretary-treasurer for the board, indicates that, while college spending is up from last year, the college has used a lower percentage of its budget.

Commenting on his report, Mullan said barring major equipment breakdowns or unforeseen expenditures, the college should stay within budget.

He said ideally the college should spend 75 per cent of its budget in nine months, but some costs such as teachers' salaries are not constant.

While the report indicated the college deficit was \$956,527, Mullan said he hoped controlled spending at the college would decrease the deficit.

The deficit was calculated as follows: The operating income in

1988 was \$58,258,854, but with spending at \$58,877,187, the college was left with an initial deficit of \$618,333.

Next, the budgeted capital spending was set at \$1,319,362, but the Ministry of Universities and Colleges capital grant was only \$881,168, which brought the total deficit to \$1,056,527.

However, with \$100,000 of the operating cost of the Kenneth E. Hunter Recreation Centre to be absorbed by other funding, the deficit was lowered to \$956,527.

Mullan said the report was intended to give the board a "snapshot picture" of the budget and to indicate any signs of deviation from the approved budget.

He noted one of the larger expenditures -- the salaries of full-time academic teaching and co-ordination -- had increased to \$13,172,213 over last year's \$12,158,242.

Also significant in 1988 were

costs incurred through academic overtime. In the first nine months of the 1988-89 fiscal year (April to December) Conestoga had spent \$28,155 of its \$12,295 budget. Mullan was not worried about the increase, as he explained it was an area which was not typically given a large part of the budget.

He noted overtime spending varied each year depending on the number of staff illnesses.

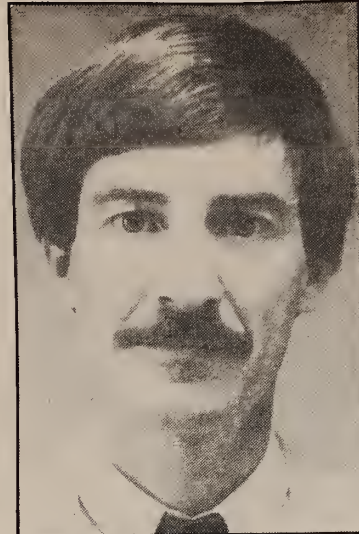
Costs which decreased in 1988 included advertising and promotion, janitorial supplies and renovations.

By the end of December 1987, the college had spent \$255,263 on advertising, while by December 1988 the college had spent \$185,906.

Mullan said the advertising costs were down because the college has decided not to print new brochures and related items until a marketing study underway gives presents recommendations.

Also according to the report, the college has cut the costs involved in janitorial services and supplies in half. In 1987, \$34,611 was spent in a nine-month period while this year only \$19,765 was used.

Mullan said there were a number



Kevin Mullan

of factors involved in the reduced spending.

He said the college usually buys its supplies in bulk and the college has not yet renewed its supplies. Therefore, he said, the additional money needed would not have reached his report.

The last factor for the drop in janitorial supplies stems from a new cleaning contract from last spring. Mullan noted the college

usually retenders service and supply contracts every three years.

One of the more dramatic drops was in spending for minor esthetic renovations, which include wall coverings and tile replacement. Conestoga has only spent 1/5 the money compared to that spent in 1987.

In 1987, \$17,531 was spent, but in 1988, \$3,502 of a \$15,900 budget was utilized. Mullan added that larger projects have also been scaled down because of government funding.

The report also contained listings of money received by the college.

He said \$2,359,340 of the full-time student tuitions, expected to generate \$2 1/2 million, has been collected.

Also, short programs, paid in full by outside agencies, have generated \$81,095.

Mullan said the increase in income was simply because the number of students was higher than originally planned.

Other income, such as property rentals, have increased to \$5,731. Mullan said the money comes from property the college rents or owns, such as classrooms rented for weekend training sessions or seminars.

## BRTs tour New York

By Lisu Hill

Conestoga's third-year broadcasting-radio television students are back from their trip to New York after an 11-hour train ride on Feb. 2.

As some students returned to school the next morning, others remained at home to catch up on what student Jeff Hicks described as a week of no sleep.

Hicks said the students dragged themselves everywhere possible during their stay. They toured NBC and ABC studios and attended the Late Night with David Letterman Show where he

promised the group he would speak slower for the Canadians in the audience. David Callander, another student, won a set of silverware on the Regis Philbin Show in a draw held during each program.

Other stops included the World Trade Centre and Central Park.

Hicks cheerfully described the trip as expensive, saying that the group, "got soaked a couple of times."

The visit to New York was paid in part by money they had raised from advertising on the college's two radio stations, CXLN and XLFM and part by each student. The student share was only \$225.

## Aid requested for expansion

By Lynne Gourley

The Cambridge campus of Conestoga College needs immediate help from the province so it can expand and provide the service it was intended to give, a Cambridge alderman says.

Ald.-at-large Bill Struck, in a letter to Education Minister Chris Ward, requested aid from the government to build a new college in the Cambridge area.

"For our population base and anticipated growth, we are served by one of the smallest community college campuses in Ontario," said Struck.

Conestoga rents space in four buildings in Cambridge, two of which are unsuitable for learning, he said. One of the buildings is in a Sunday school room.

Struck, who has written to the government twice on the issue, became interested in getting a new campus after he graduated from the production planning and inventory control course at the Cambridge campus.

"I didn't think, based on what I'd seen, that they had a suitable atmosphere for learning. A campus should be together -- they are all spread out. This makes it hard for the teachers, students and administration to communicate."

In his letter, which ran in the Cambridge Times, he asks the government to fund the project "over and above the college's regular budget, because the college cannot afford to fund a new campus at this time."

Struck argues that Conestoga has

the fourth largest population of the 22 Ontario community colleges, yet its facilities are 11th in size.

"Another way of expressing the same fact is that Conestoga College has the lowest ratio of facilities-to-population of any other college in Ontario," said Struck.

Bob McIver, manager of Cambridge campus, said "looking from a community point of view, he (Struck) is right. But the college has to put its existing resources to use the best way it can."

McIver added that in past years, classes had to operate out of churches, but at present there is an "abundance of space."

McIver said the night classes are a different matter because they are always full.

"As far as I know, the college is not considering any adjustments to the campus," said McIver.

The campus is located on four different sites and has 175 full-time students.

Struck said that Conestoga has been neglected by the government.

"Conestoga was the last-built college in the province. Thus it has suffered disproportionately from the constraints of capital funding imposed over the last 15 years."

Struck said he has not received a response from the government, but expects one soon. He added it is important to continue writing until something is done.

"You have to keep reminding them. It is hard for a government to remember issues like this from one year to another."

### ATTENTION

Spoke will be doing profiles on candidates running for presidency in the Doon Student Association election.

Nominees please contact Spoke before the March break to arrange interviews.

### ALUMNI NEWSLETTER PHOTO CONTEST

We are searching for a cover photo for the premiere edition of the Conestoga Alumni News.

If you can provide the winning photo, you will receive:

**\$50 gift certificate**

**feature article in the first edition of the alumni newsletter**

The contest is open to all students, alumni and employees of Conestoga College.

Judging will be based on:

**\* subject \***

**\* creativity \***

**\* quality \***

It must be a 35mm colour photo or slide in order to be eligible for judging.

Deadline for all entries is March 6, 1989.

**For more information, contact Mary Wright at 748-5220, ext. 463.**



# ENTERTAINMENT

## Low energy crowd doesn't affect Woods's performance

By Simone Portelance

Mike Woods, a solo contemporary folk singer, performed at Conestoga College Doon campus for the Feb. 6, noon. It was one man and his guitar against a cafeteria full of Monday-hating students.

Woods opened his act with, My Head Hurts, My Feet Stink and I Don't Love Jesus, a song for all those people who were "wishing it wasn't Monday."

Throughout his show, Woods continued dedicating songs. Lousy Love Affair, his "male chauvinist song," was dedicated to ex-girlfriends. I'm a Wanker, was dedicated to pop singer, George Michael and was one of the few songs that received audience co-operation. A few members clapped and sang along when requested.

Though Woods made several attempts to get the audience -- he called them the "Conestoga Choir" -- involved in singing, they didn't respond very well.

Some sang but most simply sat and listened.

Aside from off-beat tunes such as Dead Puppies, Woods also sang Buffalo Springfield's Stop, Hey -- What's That Sound, Doctor Hook's Cover of The Rolling Stone, Bob Dylan's All Along the Watchtower and a song he wrote for his son, I'll Sing This One For You.

Though the crowd displayed a noticeable lack of energy, Woods performed a high energy routine from beginning to end. In award-winning style he never gave in to the sleeping crowd and portrayed a man who thoroughly enjoyed himself while onstage.

It's easy to see why he was named Entertainer of the Year in 1986 and Contemporary Artist of the Year in 1987 by the Canadian Organization of Campus Activities (COCA Organization).

In his fourth year as a solo artist, Woods said the college circuit is great. "The audience accepts you for what you're doing and what

you are," he explained.

Due to start recording an album this month, Woods said no matter where his career takes him, he will always have ties with the college circuit.

He is now in the middle of a 20-school tour for the Bacchus alcohol awareness program, which sends the message to drink responsibly to colleges and universities across Canada. The Ontario-wide tour started in January and continues until March.

Woods, who described his interest in music as "something that just came naturally," said he is a lot happier being a solo artist. He performed with bands for three or four years until he quit the music scene in 1979 after he got married. He came back as a solo artist in 1983.

"I'm a lot happier doing something I really do enjoy," said Woods, adding that it's easier being a solo act because he doesn't have anybody else's ego to deal with.

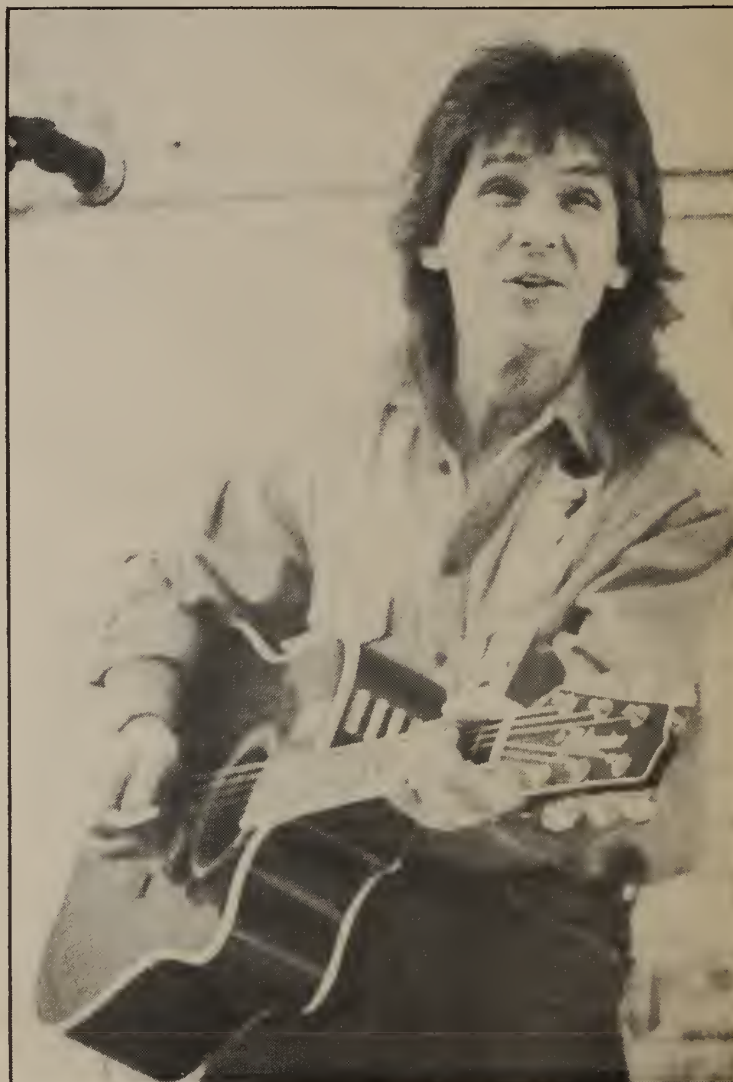


Photo by Leona Fleischmann/Spoke

Mike Woods strums to the music at the Feb. 6 noon.

## Danson brings Cheers' character to Cousins dampening the emotional sensitivity of film

By Linda Bowyer

What could have been an emotional, sensual movie doesn't quite heat up. It tries, but Cousins just doesn't make it.

The American adaption of the 1975 film Cousin, Cousine, features Ted Danson, Sean Young, William Petersen and the sultry Isabella Rossellini, a double for

the young Ingrid Bergman, who is Rossellini's mother.

The movie centres around two couples who become interested in each other's spouses and they play cat-and-mouse, catch-me-if-you-can games throughout the show.

As a light-hearted look at weddings, love affairs and life it does fine, but to expect some substance and some answers from this movie

is to expect too much.

Danson's character, Larry, strongly resembles his television character Sam, from Cheers. But he should have left that character at the bar. The cute, but uncouth, playboy dampens what emotional sensitivity the film could have portrayed.

In one intense love scene, Larry spews out "round three!" in a jocular style that shatters the moment.

Despite his leading role, Danson tries too hard. He appears to manipulate his scenes so the rest of the characters revolve around him. And his supposedly funny one-liners are merely obnoxious by the end of the show. Ignored while making a speech (at one of the three weddings in the movie), Larry proceeds to undo his belt and zipper saying he'll "play a Celtic classic" on his "love flute."

Danson's performance in the 1987 movie Three Men and a Baby was much more appealing. He had less of a leading roll as his character wasn't on screen for over half of the film, and co-starring with two popular actors like Tom Selleck and Steve Guttenberg does not allow for any scene-stealing.

It is Rossellini that saves Cousins.

She brings a sense of warmth and gracefulness to the screen in her portrayal of Maria. There is an honesty about her acting. Her sincerity compensates for the lack found in Danson's performance.

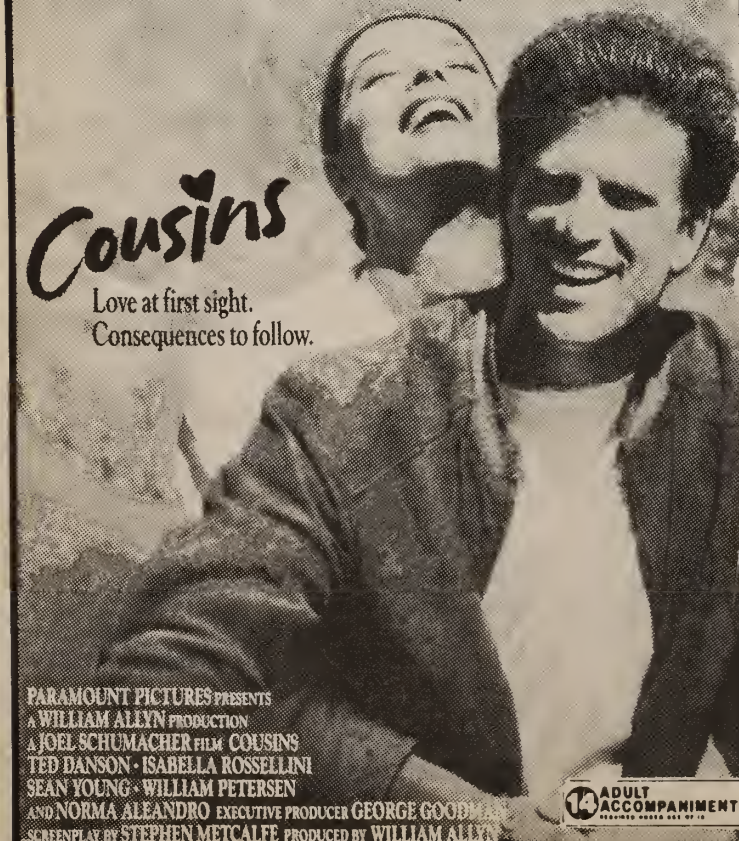
Cousins pulls no punches. There are no surprises. What should happen, does happen.

It is one of those "happily-ever-after" stories.

It isn't a movie for people looking for great morals, or a great story line, but if much of Danson's character can be overlooked, it's not a half-bad show.

Cousins opened Feb. 10 at the King's College Cinemas. Rated AA.

## IT'S THE MOST UNEXPECTED AFFAIR OF THE SEASON.



## Campus bash at Stages

By Chris Dlesbourg

Mark McNichol, a first-year business student at the Waterloo campus, has planned an evening of fun as Conestoga students from all campuses get to meet their 'neighbors'.

The bash is planned to take place Feb. 23, Kitchener's popular nightclub, Stages. Tickets will be made available by Feb. 17, at all student association offices.

McNichol said tickets may be

available at the door of Stages, but he is not guaranteeing there will be any left for those who wait until the last minute. Tickets are \$3 in advance, doors open at 7 p.m. and I.D. must be shown.

"It's going to be like a reunion," McNichol said.

He added there will be a weekend trip for two, to Montreal, given away during the night. The trip is being offered by VIA Rail Canada Inc.

Nominations for DSA

President

and

Vice-president



close this Friday, Feb. 24.



# SPORTS

## Hockey Condors rally to drop Buffalo 5-4 in overtime

By James Morton

The hockey Condors won their second straight overtime game Feb.8, coming back from a two-goal, third-period deficit to defeat the University of Buffalo 5-4.

Conestoga led 2-1 after 20 minutes of play on goals by Rob Datz and Jeff Coulter. Datz did most of the work on his goal, out-muscling the Buffalo defence along the boards and centering the puck to Rick Webster. Datz picked up Webster's rebound and hit the top corner with a backhand through a crowd in front of the net at 12:57. Scott Miller replied for Buffalo, with a change-up from the point that Terry Davis lost sight of.

Buffalo dominated early in the game and Condor defenceman Paul Edwards made several good plays to block shots in the slot area. Doug McIntosh and Bob Rintche also took turns stopping Buffalo on breakaway opportunities.

Buffalo got their offence under way in the middle period and took advantage of Condor penalties to score two powerplay goals. Miller netted his second of the night at 15:39, to tie the game.

Buffalo goalie Bob Buezkowski was hot in the second and stopped Kevin Flanagan on a breakaway, midway through the period. Pete Dieues and Steve Potter added singles as Buffalo took a 4-2 lead into the dressing room. The lone bright spot for Conestoga in the period was when Kevin Williamson caught a Buffalo forward with his head down along the boards and levelled him with a hard

check.

Chris Murray returned to the Condor lineup against Buffalo, after a lengthy layoff due to a knee injury. He assisted on Coulter's goal and helped set up Dave Mills at 4:06 of the third, making it 4-3, Buffalo. This goal seemed to turn the momentum in Conestoga's favor and they took the play to Buffalo for most of the third.

Flanagan got revenge on Buezkowski at 9:09 and popped in a rebound to tie the game. Rintche and Williamson assisted.

The two teams showed their dislike for each other in the late going as words were exchanged between the benches. Williamson took his frustrations out on Buffalo's Scott Broker as the two dropped their gloves with about a minute left.

Conestoga came out aggressively in overtime and it only took 41 seconds for Bob Rintche to pick up a loose puck in the slot and put the game away.

Buffalo coach Rick Brooks wasn't disappointed with his club's effort, he just felt the Condors played better.

"I thought Conestoga played well as team. They dumped the puck in and played the body consistently," he said. "And they stayed out of the penalty box which is something evidently they've had trouble with. Our two goals in the second period that put us back into it, were on the powerplay. I think that if they had spent the time in the box they have in many games they would have had troubles."

Brooks said penalties and in-

juries didn't help the Buffalo cause.

"We lost quite a few guys in the third period. For over nine minutes we were shorthanded, and even though they're (the penalties) coincidental it hurt us in getting our legs and keeping the pace of the game up."

Terry Goldsworthy sat out the Buffalo game because of a bruised pelvis he received in a Junior C match. The Condor defenceman said his team is hot right now and will have to remain hot to do well in the playoffs.

"We've got a chance at it but we have to be playing our best. We have to play tough, hit hard and play strong defence. We always get lots of chances on offence but have to concentrate on getting our defence down pat," he said. "We picked up a couple of guys and hopefully with the extra bodies and talent we'll have more energy to play the whole game."

\*\*\*\*\*

On Feb. 11 the hockey Condors travelled to Welland and were beaten 6-1 by the league-leading Niagara College. Despite only dressing seven forwards and two defencemen, the Condors led 1-0 after the first period on a goal by Kevin Flanagan. But injuries to Flanagan and some other key Condors left their already small bench hurting. Niagara outshot Conestoga 19-8 in the second period and led 5-1 after two. James Ward scored Niagara's sixth goal in the third period, completing his hat trick.

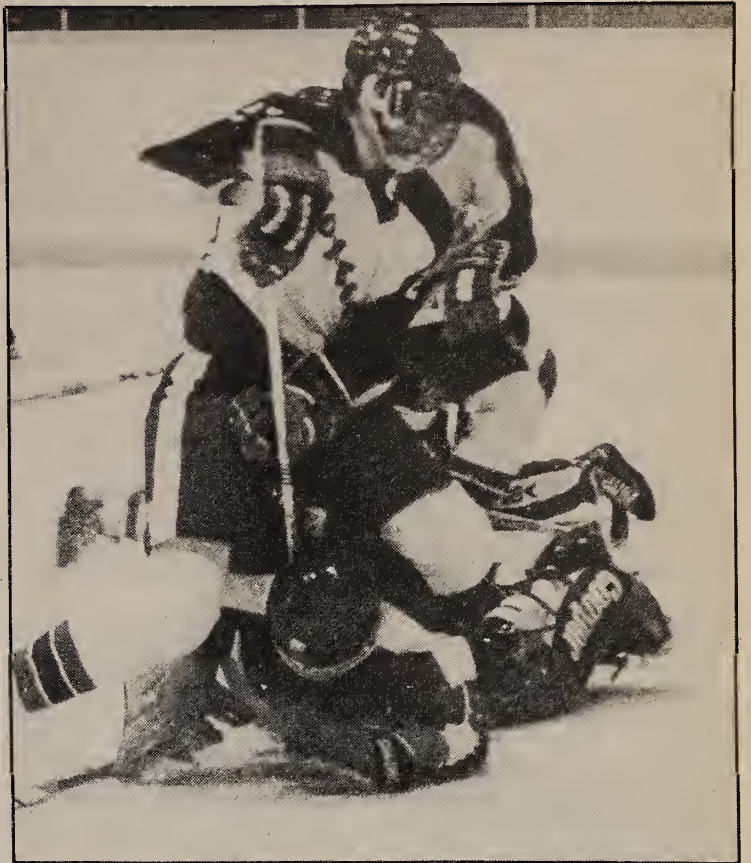


Photo by James Morton/Spoke

Rick Webster takes Buffalo's Bob Buezkowski out of the play.

### ICHL Hockey standings as of Feb13/89

	W	L	T	P
Niagara	11	1	0	22
Penn State	8	5	1	17
Buffalo State	8	4	0	16
University of Buffalo	8	6	0	16
Erie College	7	8	0	14
Conestoga College	5	9	0	10
U. of Rochester	0	13	1	1

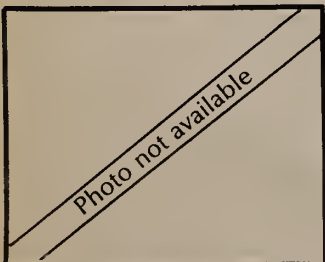
## Athlete of the week

Gary Minkhorst

Gary Minkhorst of the basketball Condors has been named Athlete of the Week at Conestoga College for the week of Feb. 6

Minkhorst scored 23 points in the Condor 88-71 victory over the St. Clair Saints last Thursday and dominated the game defesively.

Minkhorst is enrolled in the second-year of the business administration - marketing program at the Doon campus.



**DASILVA**  
SPORTS & TROPHIES



Conestoga College  
**Recreation  
Centre**

## Cross-Country Ski Rentals

(as long as we have snow!)

**Rates:**

**Daily \$ 3.00**

**Weekend \$ 5.00**

**Weekly \$ 10.00**



**BOOK NOW!! for the Weekend  
at the Conestoga Recreation Centre !!!**



# Intramural invitational tournament a success

By James Morton

About 400 students participated in the annual intramural invitational tournament held at the Kenneth E. Hunter Recreation Centre Feb. 10.

The tournament boasted 10 co-ed volleyball and 10 contact-hockey teams from colleges across Ontario.

Barb McCauley, athletic officer, said letters and flyers announcing the event were sent to college intramural directors in late August.

She said Conestoga and Humber are currently the only two schools hosting the intramural tournaments, but hopes other colleges will follow suit. McCauley admitted it's easier for Conestoga to host such an event because of Doon's large athletic facility.

Hockey was more popular than ever this year as 10 teams par-

ticipated instead of the usual eight. Skaters hit the ice at 6 a.m. and play was scheduled to end at 7 p.m. Conestoga had two hockey teams; Buster and the Business Chiefs.

The Chiefs made it to the consolation final but were defeated by Sheridan. Buster was the overall champion as the team downed Lambton in the final, 4-3 in overtime.

Conestoga also had two volleyball teams competing, but neither made it to the championship round. Seneca Yorkdale won the final over the Sheridan Bush Pigs.

McCauley said it's a good experience for students.

"It's fun for them because it gives them the chance to meet people and see what type of teams other colleges have. It's healthy competition," she said.

## Challenge lifts student spirits

By Simone Portelance

This year's Intramural Participation Challenge on Jan. 25, has proven that student spirit has come a long way at Conestoga College over the past three years.

The intramural committee asked students and faculty entering the cafeteria between 12 p.m. and 1 p.m. to throw a Nerf basketball into a hoop, and sign the banner set up by the committee. A similar event was set up at the Kenneth E. Hunter Recreation Centre.

The challenge involved all colleges across Ontario to see which college has the highest percentage of student involvement.

This year Conestoga reached fourth place in the challenge with 950 (38%) students participating.

In 1987, only 60 students (1.76% of the student population) par-

ticipated in the activities, which placed Conestoga the twentieth college out of 23. In 1988, the number of students who took part in the dunking tank and volleyball games set up at the recreation centre was 200 (5.8%) which put Conestoga in the eighteenth slot.

The winning school, Redeemer College with a participation number of 277 (90%), will receive a banner of recognition for meeting the challenge. Second place went to Northern College for having 252 participants (72%). Confederation College came in third with 958 taking part (48%).

On behalf of the committee, Barb McCauley, athletic officer, said, "the intramural staff would like to thank everyone who participated in the event."

Next year's activity has not been decided.

## Basketball Condors spoilers for St. Clair

By James Morton

The basketball Condors jumped to a 20-point halftime lead against St. Clair College and held on for their first win of the season, 88-71, in OCAA action Feb. 9.

As well as Conestoga's first win it was also the first time many fans came out and supported their team.

The Condors utilized a zone defence and it worked well, especially in the first half when they held St. Clair to 30 points.

"We went to a zone tonight and that's something we haven't done a lot this year," said Condor guard Trevor Thompson. "We have been playing man-to-man and have been getting blown out, especially in the second half of the season when we've only had seven or eight guys. In the zone you don't get as tired as long as you're working in your own area."

Thompson said he and his teammates were confident going into the St. Clair game.

"The last time we played them, Gary (Minkhorst), Greg (Benson), and I didn't play because of the fight at Humber and they blew us out. We knew then that we could beat them and figured that with us guys back we'd win no problem."

St. Clair seemed to gain their composure later in the game and came out to play a much stronger second half. Dan Habuda (22 points) and Joe Schembri (17

points) provided most of their offence. Habuda made good on numerous three-point shots while Schembri instigated many drives to the Condor basket.

St. Clair closed the gap to just eight with 6:12 remaining but a time-out called by Conestoga seemed to get them back on track and they widened their lead to 88-71 at game's end. Minkhorst saved most of his baskets for the second half and led Condor shooters with 23 points. The guard tandem of Ed Janssen and Thompson were strong as always and scored 20 and 18 points respectively. Mitch Henderson scored 13 points after returning from a one-game suspension while Paul Bauer added 10.

Coach Eugene Todd echoed Thompson's view on their defence.

"The zone helped because it protected Gary (Minkhorst) a little bit. Gary's such a good defensive player that when we play man-to-man he feels obligated to help out the other guys and he is more prone to fouls."

Todd added that he was impressed with his squad's composure.

"The guys hung in there. It was a tough second half with a lot of hacking, punching and kicking, but our guys kept their cool. They wanted to win very badly and it showed," he said.



The intramural invitational attracted 10 hockey teams from across Ontario to the Doon recreation centre.

Photo by James Morton/Spoke

## BLOOD DONOR CLINIC

Wed. Feb. 22

10 a.m. to 3 p.m.

Doon Campus Student Lounge

*Please eat a good breakfast or lunch before attending.*



## Intramural team of the week



### Conestoga 1 Co-ed Volleyball

(l-r): Shelley Kitchen, Kathy Preissler, Mark Brown

Absent: Christine Diesbourg, Lynne Gourley, Beam me up Scotty McNichol, Sharon Slater, Shari Walker

33 University Ave., West, Waterloo (746-4111)

30 Ontario St., South, Kitchener (741-8325)

